

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: Young Women's Christian Association of Duluth

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Goal: To provide necessary services to pregnant and parenting women in Duluth and surrounding areas

For the period: July 1, 2015-September 30, 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hire and train program staff; Complete grant reporting forms; attend required grant meetings		Continue to provide on-going training and support for program staff. There has been no program staff turnover this quarter, staff continue to work receive monthly reflection with program director. Staff received 10 hours of on-going Circle of Security training .Completed all grant reporting forms that were requested.	
Outreach	Maintain waiting list and provide any needed assistance or advocacy to women on that list; provide community education and maintain visibility in community; collaborate with community service providers		An on-going wait list is maintained by case manager, contact with women on list continues to be at least monthly. Women on waitlist are encouraged to participate in educational programming and have access to necessary services. Program staff maintains visibility in the community, collaborating with additional service providers, as well as speaking engagements with outside organizations.	
Car Seat Program	Provide car seat education; provide car seats for women	5	Seven current program participants received car seat safety through St. Louis County. There were no car seats given out this quarter.	7
Case Management Services	Provide participants with ILSP (Individual Living Skills Plan); review and update ILSP's on quarterly basis; provide transportation for medical and advocacy appointments;	5	Seven current program participants worked with Case Manager to create and/or update ILSP's. Case Manager has provided transportation assistance for women on program waitlist, current residents, and past participants for medical appointments, therapy, school, and etc. Case manager	7

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	maintain wait list; following up with wait list participants monthly		maintains monthly contact with women on program wait list. During this quarter, 2 participants secured affordable housing and worked with Case Manager to create Transition Plans.	
Child Care	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances	4	Worked with six program participants on securing and/or completing proper paperwork necessary to maintain childcare assistance. Provided all of the above residents with emergency childcare assistance to maintain consistent & safe caregivers for their child.	6
Crib Distribution/ Sleep Safety Education	Provide pack and plays; provide sleep safety education	5	Eight program participants, 2 women on waitlist and staff that needed a refresher were provided sleep safety education. One program participant received a pack and play.	10
Education Assistance	Provide daily tutoring services; provide education planning assistance ; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours	5	Five participants were provided assistance enrolling in school, completing financial aid & scholarship applications, educational goal setting, and tutoring on-site as needed.	5
Employment Assistance	Provide assistance with resume building; provide assistance with job search; practice mock interviewing; refer to community employment services	5	2 current program participants and 2 former participants receive assistance with job searching. Program volunteers provided assistance with creating resumes as well as mock interviews. Small business owner provided education on 'soft skills' needed for interviews.	4
Financial Assistance	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs	5	4 current participants and 2 women on program wait list received assistance filling out applications for MFIP cash assistance and/or DWP (Diversionary Work Program). These same women received financial assistance to obtain basic need items.	6

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Housing Assistance	Provide assistance securing safe and affordable housing; Provide residential housing and maintain 7 apartments	5	Continue to maintain 7 efficiency apartments, rent is income based and assistance is provided with security deposits and first month's rent. During this quarter, 2 program participants transitioned into permanent affordable housing. We continue to provide services as needed.	9
Life-Skills Education Program	Provide 2 weekly life skill groups; provide a life skill learning environment; provide all participants with ILSP and quarterly updates	5	Nine participants received 2x weekly life skill and parenting classes; including but not limited to, Circle of Security Parenting, nutrition education, employment readiness, financial literacy, and leadership development. All participants worked with Case Manager to update ILSP's and Transition Plans quarterly or as needed.	9
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources	5	Provide six participants with basic need items such as food, diapers, wipes, and maternity clothes. Case manager provides assistance and referrals to participants to help access additional community resources to meet all basic needs.	6
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment	3	Provided 2 participants with referrals to obtain mental health assessments. Have begun collaborating with Woodland Hills, Inc to provide on-site therapeutic services to all participants, former participants, and wait list women. Services would range from individual therapy, art therapy, to group therapeutic services.	2
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed	5	Nine participants were provided access to fresh produce through our community garden project. All participants received nutrition and food budgeting education through UM-Extension Office's curriculum. Food is provided as necessary.	9
Parenting Education	Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; provide assistance in enrolling children in Early	5	Nine women were provided parenting education classes at the Early Childhood Center, weekly Circle of Security parenting groups, ECFE home visits, and one on one parenting support from program staff and Case Manager. All participants children are enrolled in the YWCA Early Childhood Center and Head Start Program. All nine participants received child abuse prevention education in	9

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	Childhood Center and Head Start Program		addition to abusive head trauma (shaken baby) education.	
Pregnancy Education	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness	2 - 3	2 program participants were provided assistance obtaining a Doula and creating a 'Birthing Plan'. On-going prenatal education was provided weekly to women through collaborations with public health nurses, UMD medical school, and CSS nursing students. We brought 2 babies into the program this quarter!	2
Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	5	Intake assessments were provided to ten women this quarter. Necessary services, referrals, and basic need items were provided to these women. Women are placed on housing wait list and are invited to participate in all aspects of programming.	10
Transportation	Provide transportation to and from appointments; provide bus passes; provide assistance with obtaining a driver's license	5	Staff provided transportation to appointments for six program participants. Assisted 1 of these women with obtaining her drivers permit and another with practicing for her driving test. Bus passes were provided to several residents on an 'as needed' basis.	6

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	7
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	9
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	9
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	1
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	9

Challenges

Comments: